

Randolph Health and Wellness Resource Binder

Funded by CHNA 20

Randolph Health and Wellness Resource Binder

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Substance Abuse Resources

ASAP

Boston Children's Hospital
(Fegan Building, 10th Floor)
300 Longwood Avenue
Boston, MA 02115
617-355-2727
(International: 617-355-5209)
(ASAP@childrens.harvard.edu)

The Adolescent Substance Abuse Program (ASAP) at Boston Children's Hospital provides national leadership in the identification, diagnosis and treatment of substance use problems and disorders in children and adolescents. Comprehensive evaluation, individual counseling, group therapy, drug testing, parent guidance, case management, medication supported recovery for opioid and alcohol dependence.

Ages Served: 12-23
Languages: Translation Services

ADCARE

1419 Hancock St., Suite 201
Quincy, MA, 02169
P: 617-328-0639
F: 617-328-2049

(E-mail: quincy@adcare.com)

In addition to offering a broad continuum of alcohol and drug abuse treatment, AdCare Hospital sponsors 1-800-ALCOHOL, the nationwide, 24-hour Admission and Referral Line.

(Specialized programs include early recovery group, relapse prevention group, parenting and recovery, gender specific group, co-occurring group, developing emotional recovery skills.)

Bay State Community Services

1120 Hancock St
Quincy, Ma 02169
617-471-8400
(Email: quincyopc@baystatecs.org)

Outpatient mental Health and substance abuse services individual and group therapy.

(Mission is to support individual, family, and community empowerment through an integrated, culturally competent continuum of social, mental health, addiction, and correctional services.)

Ages Served: 4 and older

Languages spoken: English, Spanish, Cantonese

Castle/ HighPoint

(Clean and Sober teens living empowered)

Castlekids.org
20 Meadowbrook Rd.
Brockton, ma 02301
Phone: 508-638-6000
(Email: ksisher@hptc.org)

Mission is to prevent and treat chemical dependency and provide therapeutic services for mental health issues, help an individual achieve personal change and accept responsibility toward an improved quality of life.

Gavin Foundation

1233R Hancock St
Quincy, Ma. 02170
617-847-1513

Holistic approach to addiction treatment

A multi-service nonprofit agency providing comprehensive, community-based substance abuse treatment, education, and prevention.

Ages Served: 14-22

Lamour Counseling and Consulting Clinic

44 Diauto Dr.
Randolph, Ma. 02368
P: 781-885-7252 ext. 151
F: (781) 885-7256

Committed to advocating and providing community based, culturally-competent, and comprehensive programming services, with an emphasis on serving Asian, Vietnamese, Cambodian, Chinese, Portuguese, Cape Verdean Creole, Spanish, Haitian and French Creole and Caribbean descent populations.

South Shore Mental Health- Quitting time

859 Willard St.
Quincy, Ma 02169
617-847-1923
(617) 847-1950

South Shore Mental Health is a leader in providing services for children, teens, and adults experiencing serious emotional problems, behavioral issues, developmental disabilities, and substance abuse.

Stairway to Recovery

142 Crescent St.
Brockton, Ma 02302
774-257-5660 ext. 532
Email: oehlschlagel143@gmail.com

Peer support center with multiple support groups;
Recovery meetings, morning motivation, musical group

Peer-driven, community-based centers are designed to be welcoming places for individuals and families who have been negatively impacted by alcohol or drug addiction.

Ages served: 18 and older
Languages Spoken: Spanish, Cape Verdean, Creole, English

Alcohol and Drug Hotline: 24 Hours, 7 Days

800-327-5050

Info & referral for substance abuse services including crisis intervention and referrals for inpatient/outpatient treatment and where to go if uninsured.

Alcoholics Anonymous

617-426-9444

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements.

Mon-Fri 9-9; Sat/Sun/Hol. 12-9

Languages: Spanish, Portuguese, English

Tobacco

800-QUITNOW (1-800-784-8669)

The Massachusetts Smokers' Helpline: Monday - Sunday, 7 AM -1 AM

A free and confidential telephone service for Massachusetts residents who want help to end their tobacco use. Callers receive individual coaching, advice on medications, and how to find out if their insurance covers quit smoking services.

Behavioral & Mental Health Resources

South Shore Mental Health

500 Victory Rd.
859 Willard St
Quincy, Ma. 02169
617-847-1950

Outpatient mental health, early intervention, Asian community counseling services

Ages served: all

Languages spoken: English, Creole, Spanish, Mandarin, Vietnamese

Bay State Community Services

1120 Hancock Street
Quincy, Ma. 02169
617-471-8400
Email: quincyopc@baystatecs.org

Bay State Community Services (BSCS) is a not-for-profit human services agency, dedicated to improving the social functioning of adults, adolescents, and children within a framework that recognizes the primary importance of family and community. To this end, the agency's mission is to support individual, family, and community empowerment through an integrated, culturally competent continuum of social, mental health, addiction, and correctional services.

Languages: French, Italian, Portuguese, Spanish

BAMSI

10 Christy's Drive
Brockton, MA 02301
508-580-8700
Email: askinfo@bamsi.org

Services include:
Behavioral Health, Children, Youth, and Family Services, Day and Residential Services, Elderly Services, HIV Services, Housing and Essential Services

Languages: English, Spanish

Carney Hospital Behavioral Health

2100 Dorchester Ave
Dorchester, MA 02124

617-296-4012, ext. 4990

Inpatient/outpatient and partial hospital program

Provides Psychopharmacological treatment, Rehabilitation group therapy, Family supportive therapy, Case management, Laboratory tests, Medication management.

Languages: Vietnamese, English, Spanish, Haitian Creole, Portuguese, Cape Verdean Creole, Russian, Mandarin, Cantonese, Bosnian, Nepali, French, Korean, Polish

Collaborations in Clinical Care

275 Turnpike Street

Canton, MA 02021

P: 781- 821-1760

F: 781-821-1743

(Email: info@collaborationsinclinicalcare.com)

Collaborations in Clinical Care, LLP offers a full range of outpatient services with emphasis on time-sensitive assessment and treatment. These services include: diagnostic assessment, medication evaluation and treatment, individual, family and group psychotherapy, and crisis intervention.

Languages spoken: French, Haitian Creole, Russian, English

Lamour Counseling and Consulting Clinic

44 Diauto Dr.

Randolph, MA. 02368

781-885-7252 ext. 151

F: (781) 885-7256

Our counselors are multicultural providers that speak and understand the cultural needs of their patients. Our staff is CULTURALLY & LINGUISTICALLY competent. Services offered include: Parent and Child Nurturing Groups, Outpatient Services, before and after school program, February, April and summer vacation camps.

Languages spoken: Vietnamese, Cambodian, Chinese, Portuguese, Cape Verdean Creole, Spanish, Haitian and French Creole.

Luminosity Behavioral Health Services

810 Washington Street

Stoughton, MA 02072

Telephone: 781-344-0102
Fax: 781-344-1635

Services include:

Diagnostic Assessments, Individual Counseling, Adolescent Counseling, Couples Counseling, Family Therapy, Group Counseling, Substance Abuse, Community Support Services, Psychopharmacology, Toxicology Screens

Mass Bay Counseling

234 Copeland Street, #320
Quincy, MA 02169
617-786-0137

Mass Bay Counseling of Quincy provides behavioral health, substance abuse, a range of assessment and vocational counseling services to individuals, families, couples and businesses.

New Life Counseling & Wellness Center

400-402 North Main Street
Randolph, MA 02368
781.986-4800
F: (781) 986-4801
(Email: newlife@newlifecounselingcenter.org)

To provide quality mental health and social services that lead to permanency and wellbeing to the children and families of the South Shore, Greater Boston and beyond

Languages Spoken:

English
French
Haitian Creole
Cape-Verdean Creole
Portuguese
Spanish
Mandarin
Cantonese
Vietnamese
Korean

South Bay Mental Health Center

103 Commercial Street 2nd Floor
Brockton, MA 02302
508-580-4691 (508-521-1020)

541 Main Street Suite 303 Stetson Building
Weymouth, MA 02190
781-331-7866

Mental Health and Substance Abuse Counseling Services

Services include:

Mental Health and Substance Abuse Counseling Services
Children's Behavioral Health Initiative Services (CBHI)
Day Services
Early Childhood Services

Ages Served: children, adults, and families

South Cove Community Health Center

North Quincy Clinic
435 Hancock St.
Quincy, MA 02171
617-318-3300
FAX: (617) 318-3390

(88 Holmes St.
(Across the street from the parking lot of the 435 Hancock St. Clinic)
Quincy, MA 02171
TEL: (617) 318-3200
FAX: (617) 318-3291

Behavioral Health
Psychotherapy
Early intervention
Parent aide services
Intensive family intervention
Case management
Children's collaborative

Languages Spoken: Chinese, Vietnamese, Malay and Khmer

24 Hour Crisis Intervention

South Shore Crisis Team

800-528-4890

Mental Health Crisis Referral Line

1-800-273-TALK

REFERRAL SERVICES

HelpNet Referral Line

1-800-662-HELP (4357)

Eating Disorders

Walden Behavioral Care

150 Grossman Dr. suite 404
Braintree, Ma. 02184
781-380-0695
Fax: 781-380-0760

Partial hospitalization for adolescents with eating disorders. Intensive outpatient program for adolescents with eating disorders. Adult programming also available.

Ages served: 11 and over

Languages spoken: English, Spanish and translation services provided.

Behavioral Nutrition INC

1266 Furnace Brook Parkway (suite #404)
Quincy, Ma. 02169
Office: 617-595-7044
Fax: 888-434-5097
Mobile: 617-481-9395
Email: info@behavioralnutrition.org

Treatment for eating disorders that include binge eating, compulsive eating as well as other eating disorders and food addiction

Ages served: 12 and older
Language: English

New Horizon Medical

38 Vanderbilt Ave. Suite E
Norwood, Ma. 02062
781-269-5400

Medically supervised, multidiscipline program covered by health insurance.
Nutrition counseling, behavior counseling and exercise counseling all under medical supervision.

Language: English

Hospitals

Beth Israel Deaconess-Milton Hospital

199 Reedsdale Road
Milton, MA 02186
617-696-4600
Email: [Laureane Marquez@MiltonHospital.org](mailto:Laureane_Marquez@MiltonHospital.org)

Full service acute care community hospital affiliates with Beth Israel Deaconess Medical Center. 24 hour emergency department, inpatient medical/surgical, outpatient services, diagnostic imaging.

Languages: Vietnamese, Haitian, Chinese, Spanish, English and translation services

Boston Medical Center

1 Boston Medical Center Place
Boston, Ma. 02118
617-638-8000
Languages: Translation Services

Children's Hospital- Boston

300 Longwood Ave.
Boston, Ma 02115
(617-355-6000)

Language: Translation Services

Good Samaritan Medical Center- Brockton

235 N. Pearl St.
Brockton, Ma 02302
(508-427-3000)
Languages: English, Portuguese, Spanish, Creole

Signature Healthcare-Brockton Hospital

178 Quincy Ave
Brockton, Ma 02302
508-941-7000

Primary Care Providers-Pediatrics

Allied Pediatrics

10 Forbes Rd. (Suite 280)
Braintree, Ma 02184
781-849-1215
Fax: 781-849-1418

Services for: Asthma, Immunization, Autism, Diabetes, Allergies, ADHD, Abdominal, Fever, Bronchiolitis, Conjunctivitis, Tonsillitis, Colds, Strep Throat, Flu, Whooping Cough, Learning/developmental disabilities, Cancer, Chronic conditions, Heart, Ear infections, Genitals and Urinary Track, Infections, Burns, Sports Injuries

Boston Children's Physicians- Weymouth

(The Stetson Building)

541 Main St.

Weymouth, Ma. 02190

781-216-3800

Over 48 pediatric specialties and services. The same pediatric specialists who practice at Boston Children's main campus in Boston.

Convenient location. Free parking.

Children's Hospital Primary Care

300 Longwood Ave

Boston, Ma 02115

617-355-7701

Crown Colony Pediatrics

500 Congress St. Suite F

Quincy, Ma 02169

617-471-3411

Fax: 617-471-3584

No Email

Services: Information regarding the birth of a child, and prenatal visits

East Milton Pediatrics

464 Granite Ave #4

Milton, Ma 02186

617-696-5900

Services: Well-Child Care Exams, Newborn Care, Vision Screening, Immunizations School and Sports Physicals, Sick Child Diagnosis and Treatment, Dietary/Nutrition Guidance

No email

Milton Pediatrics

340 Wood Rd. Suite 301

Braintree, Ma. 02184

781-356-6200

Fax: 781-356-6299

Services: New born care/examinations, feeding guidelines, vaccinations, Chicken pox chlamydia, choking, conjunctivitis, flu

MV Pediatrics

21 Totman St.
Quincy, Ma 02169
617-745-0050

Fax: 617-745-0052

On site behavioral services:

- Individual and family counseling sessions.
- Outreach calls to new families and parents.
- Clinicians trained in a variety of therapeutic approaches.
- Consultations during medical visits upon request.
- Groups and workshops for youth and families.
- Referrals for social programs, outside providers, and other supportive resources as needed.
- Classes and Groups

Ages Served: 0-18

Weymouth Pediatrics

851 Main St. #25
Weymouth, Ma 02190
781-335-3012
(Fax: 781 335 3013)

Services: Pediatric emergency, inpatient, newborn, ICU services are available in the hospital. Pediatric sub-specialist services are available in close proximity. Other services like behavioral/mental health, lactation, nutrition, post-concussion and rehab services are available within the medical area.

Ages Served: 0-18

Languages: English, Hindi, Urdu

Quincy Pediatrics

191 Independence Ave
Quincy, Ma. 02169
617-752-3791

Primary Care Providers- Family

BIDHC-Randolph

32 South Main Street, Suite 100
Randolph, MA 02067

Dr. Milliken:
781-986-8039

Dr. Kleiman:
781-575-0330

Services:

Breast Cancer Care
Cardiovascular Care
Gastroenterology (GI) Care
Orthopaedic Care
Pancreatic Surgery Care
Radiology and Imaging
Spine Center Care
Stroke Care
Transplant Care
Weight Loss Surgery Care
Volume of Common Procedures

Community Physicians (Signature Healthcare)

25 Warren St.
Randolph, Ma 02368
844-SHC-Appt
Primary Care: 781-986-7800
(Women's Health: 781-986-7900)
(Services: Cardiac Care, Radiation Therapy and Psychiatric Services.)

Compass Medical Braintree

10 Forbes Rd. (Suite 190)
Braintree, Ma 02184
(Main Number): 781-884-6300

(Fax: 781- 884-6305)

(Services: FAMILY MEDICINE, INTERNAL MEDICINE, URGENT CARE,
RADIOLOGY AND IMAGING, CARDIOVASCULAR CENTER, BEHAVIORAL HEALTH,
PODIATRY, PHYSIATRY, DIABETIC EDUCATION, NUTRITION, LABORATORY)

Harvard Vanguard Medical Associates

111 Grossman Dr.

Braintree, Ma. 02184
781-849-1000

Ages Serviced: all
Languages spoken: interpreter services available

Services: ALLERGY, ANDROLOGY, AUDIOLOGY, BEHAVIORAL HEALTH, CARDIOLOGY
CENTRAL PATIENT REGISTRATION, COSMETIC SERVICES & PLASTIC SURGERY,
DERMATOLOGY, DEVELOPMENTAL AND BEHAVIORAL PEDIATRICS, EAR, NOSE, & THROAT
ENDOCRINOLOGY, ENDOSCOPY, EYE CARE, FAMILY MEDICINE,
FERTILITY & REPRODUCTIVE HEALTH, GASTROENTEROLOGY, GENETICS, GERIATRICS
HEMATOLOGY/ONCOLOGY, IMAGING/RADIOLOGY, INFECTIOUS DISEASE,
INTERNAL MEDICINE, INTERPRETER SERVICES, LABORATORY, MEDICAL RECORDS
MINIMALLY-INVASIVE GYN SURGERY, NEPHROLOGY, NEUROLOGY, NUTRITION
OBSTETRICS/GYNECOLOGY, OCCUPATIONAL HAND THERAPY, ORTHOPEDICS & SPORTS
MEDICINE, PALLIATIVE CARE, PATIENT BILLING ACCOUNTS, PEDIATRICS, PHARMACY
PHYSIATRY, SPINE & PAIN MANAGEMENT, PHYSICAL THERAPY, PODIATRY, PULMONOLOGY
RHEUMATOLOGY, SPEECH AND LANGUAGE THERAPY, SURGERY, TRAVEL MEDICINE
URGENT CARE, UROLOGY, WEIGHT MANAGEMENT

Primary Care Affiliates

25 Warren St
Randolph, Ma 02368
781-986-7900

Randolph Medical Associates

32 South Main St. (Suite 200)
Randolph, Ma. 02368
781-986-1368
(Fax: 781-986-1749)

South Shore Health Center

759 Granite St.
Braintree, Ma. 02184
781-848-1950
(Fax: 781- 356-4887)

South Cove Community Health Center

435 Hancock St.
Quincy, Ma. 02171
617-318-3300
(Fax: 617- 318-3390)

88 Holmes St.

Quincy, Ma. 02171
617-318-3291
(617-318-3200)
(Fax: 617- 318-3291)

Services: Adult Medicine, Optometry, Family Life Center, Pediatrics, Dental, Behavioral Health, Obstetrics/Gynecology, Specialties, Health Education.

Ages Served: All

Languages Spoken: Mandarin, Chinese, Vietnamese

Tufts Medical Center Primary Care-Quincy

1690 Crown Colony Dr.
Quincy, Ma 02369
(857-403-4600)

Services: Preventive health and maintenance screening services, Diagnosing and creating treatment plans for new symptoms and complaints, Ongoing maintenance and testing for chronic conditions, Coordinating care with specialists, Comprehensive medical management and care coordination for hospitalized patients and patients in rehabilitation facilities.

Children and Family Services

Advocates, South Coastal Family Support Center

1189 North Main St.
Randolph, Ma. 02368
781-767-3048
(Fax: 508-628-6790)
(Email: SCFamilySupport@AdvocatesInc.org)

Family Support, resource navigation, training and referral for developmental disabilities and autism. Case management for department of developmental disabilities services eligible families.

Ages served: all

Languages Spoken: Haitian Creole, Cape Verdean Creole, Portuguese

Blue Hills Parenting Program

2210 Winter St. # 204
Weymouth, Ma 02188
781-335-1455

Support to young parents. (up to 26 years old) Help with transportation, accessing community resources, pre-natal education, and child development info

Department of Children and Families (Vocational Rehabilitation)

Coastal Area Office
220 Forbes Road\Rear, Suite 117
Braintree, MA 02184
781-794-4400
(781-356-8840)
(Fax: 781-356-8841)

Services: Deaf and Hard of Hearing (Counseling and advocacy, Sign language, Reasonable Accommodation), Career Counseling, Introductory Meeting, Career Decision Making Group, Job Interviewing Skills Workshop, Resume Help, Job Club, Career Resource Room, Vocational Assessment, Job Retention Group.

Health Imperatives

942 W. Chestnut St.
Brockton, Ma 02309
508-583-3005
(Emergency Hotline: 508-588-8255)
(Fax: 508-583-9809)
(Email: info@healthimperatives.org)

Violence prevention and intervention, sexual assault prevention and counseling, domestic violence shelter, court-based advocacy, health prevention and intervention. Reproductive and sexual health, family planning; WIC nutrition, young parents support services

Ages served: all

Languages spoken: English, Spanish, Portuguese, Cape Verdean Creole, Haitian Creole

Weymouth Teen, Woman's, Men's Health

210 Winter St. #204
Weymouth, Ma 02188
781-335-1404
(781-925-0671)

Birth control and other contraceptive supplies, emergency contraceptive, STD screening and treatment, pregnancy testing and counseling.

Ages served: teens & adults

Languages: Portuguese, Spanish, English

Quincy Family Resource Center

1120 Hancock St. 1st floor
Quincy, Ma. 02169
617-481-7227
(Fax: 617-845-9250)

Work with families and individuals to access and navigate resources in the community, including housing, food, clothing, mental health services, CRA /juvenile probation support, school support, and on site programming.

Ages served: caregivers and family members of children 18 and under

Languages: English (Translation services available if requested)

Town of Randolph-Services

Board of Health

41 South Main St.
Randolph, Ma. 02368
781-961-1406 (781-961-0924)

(Fax: 781-961-0927)

Immunizations, Tb testing, public health monitoring, health information (HIV, diabetes, blood pressure, nutrition.)

Ages served: All

Languages spoken: English, Vietnamese, French, Haitian creole

James Hurley Senior & Veterans Center

16 Fencort Ave
Randolph, Ma. 02368
781-961-0930
(Fax: 781-961-0923)

Outreach, veterans benefits, medical transportation, wellness programs, tax services, fuel assistance, exercise programs, blood pressure clinics, senior Olympics.

Ages served: 60 years and older

Languages spoken: Vietnamese, Chinese, Haitian Creole, English

Randolph Food Pantry

1 Turner Dr.
Randolph, Ma. 02368
339-987-5577
(Email: friendlyfoodpantry@ymail.com)

Randolph Recreation Department

6 Carlino Way
Randolph Ma 02368
781-961-0939
(Fax: 781-961-0923)
(General inquires email: Mcraig@randolph-ma.gov)

Adult and children programs, educational and athletic activities, trips, and special events. In addition, our responsibilities include the operation and management of the Zapustas Ice Arena, the Randolph Community Pool, the Imagination Station Playground, Power's Farm, and The Randolph Theater Company. Our three main summer activities include a daily program for children ages 3-6, a daily program for K- 6th graders and as well a teen program for 6th -8th graders.

Turner Free Library

2 North Main Street

Randolph, MA 02368
781-961-0932

Library Director
Meaghan James
781-961-0932
mthompson@ocln.org

Assistant Director/YATI Librarian
Elizabeth Murphy
781-961-0932
emurphy@ocln.org

Children's Librarian/Department Head
Meghan Malone
781-961-0932
mrmalone@ocln.org

Circulation Manager
May Seeto
781-961-0932
mseeto@ocln.org

Randolph Housing Authority

1 DeCelle Drive
Randolph, MA 02368
781-961-1400

Dental Care-including oral surgery/orthodontics

ARCH Orthodontics – Randolph

Dr. Hughes

4 Frank Leary Way
Randolph, MA 02368
P: 781-963-4335
(Email: smilemaker@archorthodontics.com)

Brockton Neighborhood Health Center-Dental Clinic

231 Main St. (Suite 200)
Brockton, Ma.
508-584-2708
(508-588-8338)
(Fax: 508-483-8399)

Services: Fillings / Restorations, Dentures, Bridges, Dental Implants, Crowns
Tooth Extractions, Root Canal, Periodontal Care, Pediatric Dental Care
Orthodontic Treatments

Dental Specialties

950 North Main St.
Randolph, Ma. 02368
781-963-2222
(Fax: 781-963-1282)
(Email: info@dentalspecialties.com)
Full service dental office, including IV sedation.

Ages Serviced: 1 and older (I.V sedation 16 years and older)

Languages Spoken: Spanish, Chinese, Russian, Creole, Portuguese

Dr. Richard Rossman

12 Frank Leary Way (Unit 1)
Randolph, MA 02368
781-963-7204

Services: Cosmetic Dentistry, Bonding, Cosmetic Contouring, Crowns and Bridges
Cosmetic Fillings, Grafts, Excessive or Uneven Gums, Implants, Veneers, Whitening
Sealants, Scaling and Root Planning, Dentures, Zoom Whitening

Dr. Quan L. Tran

1062 N Main St
Randolph, MA 02368
617-699-5760
(No website)

Luping Ge DMD

89 South Main St
Randolph, Ma. 02368

781-963-4343

Cleanings, exams, restorative fillings, crowns. Endodontics, extractions, bridges, and dentures.

Services: Bonding, Cosmetic Contouring, Cosmetic Dentistry, Crowns and Bridges Dentures and Specialty Dentures, Cosmetic Fillings, Implants, Veneers, Sealants, Root Canal Therapy, Extraction, Scaling and Root Planing, Whitening, Six Month Smile, Occlusal Guards (night, sports), Minor Tooth Movement

Ages Served: 3 and older

Languages spoken: English, Chinese, Polish

Geiger Gibson Dental

250 Mount Vernon St.

Dorchester, Ma. 02125

(Medical or Dental appointment: 617-288-1140)

(Medication Order/ to contact GGCHC pharmacist: 617-533-2295)

Comprehensive, preventative oral examinations, prosthetic and restorative dentistry, laser assisted dentistry. Oral Surgery

Languages spoken: English, French, Spanish, Vietnamese

Gentle Dental

341 Washington St.

Stoughton, Ma. 02072

781-341-3700

Cleaning (Hygiene), Cosmetic Dentistry, Crowns and Bridges, Dentures Emergencies, Extractions, Composite Fillings, Gum Treatment, Implants, Invisalign Braces, Pediatric Dentistry, Root Canals, Teeth Whitening (Veneers, Orthodontics)

Randolph Dental

15 Warren St.

Randolph, Ma. 02368

781-607-4238 (781- 963-3800)

Our focus is on cosmetic dentistry services, such as dental implants and dental veneers, but we also offer general dentistry and orthodontics.

Services: Mouth Reconstruction, Tooth Colored Fillings, White Fillings, Partial Crowns, Inlays & Onlays, Dental Crowns, Dental Bridges

All Porcelain Dental Crowns, Procera® AllCeram Crowns, Bonding,
Complete Oral Exams, Teeth Cleanings, Oral Hygiene, Oral Cancer Screening,
Home Dental Care Education, Low Radiation Dental X-Rays
Non-Surgical Periodontics, BriteSmile Tooth Whitening, Zoom! Tooth Whitening
Home Tooth Whitening, Invisalign®, Braces, Veneers, Lumineers, Dentures
Adult Orthodontics

Southeastern Oral Surgeons

951 North Main St.
Brockton, Ma.
508-588-0200
(Fax: 508-583-6156)

We are always welcoming new patients, including those who require emergency treatment. If you call, we can see you that day. We cater to dental phobics. Your treatment can be painless using IV Sedation or General Anesthesia! Please explore our web site to learn more about us. www.southeasteroralsurgeons.com. You can find information about our staff, our office, and the procedures and services that we offer

NUTRITION/FITNESS

Behavioral Nutrition

1266 Furnace Brooke Parkway #404
Quincy, Ma. 02169
Mobile: 617-481-9395
(Office: 617-595-7044)
(Fax: 888-434-5097)

Behavioral Nutrition's outpatient clinic integrates Behavioral Medicine and Medical Nutrition Therapy to treat adolescents and adults with Disordered Eating, Vitamin Deficiencies and Food Addiction. Improve your relationship with food and body image while finding recovery and healing from Anorexia, Bulimia, Binge-eating, Night-eating, Food addiction and Obesity.

Ages served: 12+. Languages: English only

Elite Health and Fitness

1519 Central St
Stoughton, Ma. 02072
781-297-0979
(Fax: 781-297-3703)
(Email: info@elitefitcenter.com)

Fitness center, personal training, cross fit, group exercise classes, sports performance, and physical therapy.

Ages: 14+

LA Fitness

3 Hawes Way
Stoughton, Ma. 02072
781-573-0172

Features/Services:

Basketball, Group Fitness Classes, Indoor Cycling, Indoor Pool, Kids Klub, Personal Training, Racquetball, Sauna, Wi-Fi, whirlpool, Spa, Juice Bar

Planet Fitness

749 Granite St
Braintree, Ma. 02184
781-428-3382

Offer Gym classes for training of Chest, Abs, Arms, Shoulders, Back, and Legs certain times throughout the day

24 Hour Fitness

333 Tosca Dr.
Stoughton, MA 02072
781-344-2222

Services: 25 x 10 yd Salt Water Pool, NCAA regulation-sized basketball court
Professional Boxing room and ring, Men and Women's Steam rooms
Men and Women's Saunas, Indoor track, Women's only room,
Group exercise classes, Children's fitness room, Babysitting,
State-of-the-art equipment, Personal trainers, Physical Therapy staff
Private Family Changing Rooms

Fit Factory

288 Wood Rd.
Braintree, MA 02184
781-849-2900 (781-428-4538)
(Email: info@fitfactoryma.com)

Services: Cross fit, Group fit (cycle, body pump, Zumba, kickboxing, yoga, core
Pilates, Barre, Insanity, But Gut Blast), Fit Coach, Food & Juice Bar, Tanning
Babysitting, Sauna/Steam, Women's Private Only Area, Racquetball

Chiropractic Care/Holistic Health

Baritz Wellness Center

450 Pleasant St
Brockton, Ma. 02301
508-583-2565

Chiropractic services, free scoliosis screening, nutritional programs, herbal therapy,
natural healthcare and free nutritional consultation.
(Massage therapy, corrective exercises, natural cleansing)

Ages served: All

Languages spoken: Spanish, English

Milton Chiropractic & Rehabilitation

111 Willard Street
Quincy, MA 02169
617 471-4491

(Fax: 617-471-1114
617-984-0636)

Also locations in Weymouth, Raynham, Brockton, Dorchester, Taunton, West
Roxbury

Milton Chiropractic
Brockton
ph: 508-584-6622
fax: 508-584-7744

Milton Chiropractic
Dorchester
ph: 617-282-1200
fax: 617-282-9988

Milton Chiropractic
Weymouth
ph: 781-682-9755
fax: 781-335-7851

Milton Chiropractic
West Roxbury
ph: 617-323-4377
fax: 617-323-8077

Milton Chiropractic
Taunton
ph: 508-880-3223
fax: 508-822-8516

Milton Chiropractic
Attleboro
ph: 508-761-9000
fax: 508-761-9111

Milton Chiropractic
Somerset
ph: 508-674-3340
fax: 508-674-3525

Chiropractic services, physical therapy

(Life Style advice, Nutritional Counseling, spinal and postural screening, Supportive Care Modalities, Massage Therapy, Spinal Decompression Therapy)

Ages Served: All

Variety of languages spoken at all clinics

South Shore Family Chiropractic

33 Sea St.
Weymouth, Ma.
781-335-7671
(Fax: 781- 335-7856)
(Email: info@ssfamilly.com)

Services: Chiropractic Services, Pediatrics, Wellness, seniors, Nutrition, Sports

Languages: English, Spanish(Limited))

All ages served

South Shore Community Acupuncture

21 Totman St (Located within MV Pediatrics)
Quincy, Ma. 02186
617-845-0544

South Shore Community Acupuncture is proud to offer affordable acupuncture to the South Shore community! We are located within MV Pediatrics and offer acupuncture treatments to both adults and kids.

Whole Person Health

294 Pleasant St # 201
Stoughton, MA 02072
781-344-0720

To Provide health and healing by using an integrated holistic approach to health and wellness that blends the science of western medicine, the art of eastern medicine, and the support of other complementary therapies to help build and support the body's natural capacity to heal itself.

Services: Acupuncture, Therapeutic Massage, Lifestyle Therapy, Nutritional Counseling, FirstLine Therapy®, Breast Thermography Screening

Sports Medicine/Physical Therapy

Sports Medicine at Boston Children's Hospital

319 Longwood Ave.
Boston, Ma. 02115
617-355-3501
International: +1-617-355-5209
(Fax: 617-730-0178)

Concussion baseline testing, sports injury prevention, conservative management of sports injuries, surgical repair for acute sports injuries, sports nutrition and sports psychology.

Ages served: all

Languages spoken: interpreter services available (upon request when making an appointment)

Cooperative Elder Services, Inc.

1200 Brush Hill Rd
Milton, Ma 02186
617-333-9387

Services: Exercise classes, Nursing care, Social Services, Nutritious meals, Therapeutic activities, Door-to-door Transportation, Caregiver support and Education, Specialized memory care programs